

ABSTRACT

Objective: The aim of the study is to determine the Efficacy of backshu massage in improving the quality of sleep. It is found that the quality of sleep is greatly affected among many students that results in stress and other lifestyle disorders. Many studies have stated that acupuncture points in backshu has positive impact. The present study was conducted to determine whether the backshu massage alone will improve sleep quality .

Study Design: Pre and post Experimental study.

Method: 30 subjects between the ages of 18 TO 30 years who were found with deprived sleep quality participated in the study. They were given backshu massage 10 days once for a month and Pittsburgh sleep quality index questionnarie was given and recorded.

Result: There was significant improvement ($P < 0.00001$) in quality of sleep during the subsequent visit.

Conclusion: Giving backshu massage separately improves quality of sleep among medical college students.

Key words: Quality of sleep, medical college students, Backshu massage.